

Name of the Test	My stress Profile (Mazya Tanache Vyawasthapan)
Author	Vinod Rujuta and Khire Usha
Availability	Jnana Prabodhini's Institute of Psychology, Pune For Research
Training Levels	Level A (No Specific Training)
Uses	For guidance and stress management training
Year of standardization/adaptation	1992
Year of revised edition	-----
Description of the test	
Language	English, Marathi
Level	College going youth and graduate adults
What is measured?	The kind and level of the present stress
Type of Test	Paper-pencil, forced choice, verbal
Total no. of Items with parts if any	Total 65 items (Physical –21 Items, Emotional- 26 Items, Intellectual- 18 Items)
Item type	Rating
Kind of Response	Six point ratings indicating frequency as well as intensity of the stress
Areas	Physical, Emotional and Intellectual stress
Time	Approx. 15 min.
Scoring procedure	Manual scoring. objective Scoring systems given in the manual - score indicates level of stress and quality of stress management
Statistics studied while standardizing the test	
Sample (for standardization and norms)	----
Reliability	----
Validity	Content validity ascertained
Norms	----
Standardization category	Teacher made
More about the test	This is a Training Instrument. It gives profile of Low and High level stress in Physical, Emotional and Intellectual area; also gives sub scores for frequency and intensity of the stress. It has been used in various training workshops.
References	-----